



A SPECIAL PUBLICATION FOR OUR VERY IMPORTANT PATIENTS

Norland Avenue Pharmacy and Compounding Center

757 Norland Avenue, Ste 105, Chambersburg, PA 17201

Safe and Effective Weight Loss

Herbal Approach to Stress Related Weight Gain

Dr. Wayne Myers, Pharm., D.

It's that time of year again. If you find yourself part of the multitude of people planning on losing weight in 2009 we would like to introduce you to a unique product from New Chapter.

While other companies promoted all kinds of products that promised weight loss and more energy, New Chapter preferred to offer nothing at all, convinced that there was a better and healthier way.

Then new research began pouring in. A study by the U.S. Department of Agriculture showed that cinnamon helps improve fat metabolism. A recent study by the Centers for Disease Control and Prevention found a relationship between obesity and low levels of antioxidants. The link between chronic stress and low antioxidant levels had already been established.

Master herbalist Paul Schulick at New Chapter was intrigued and got to work. The result is a new and unique supplement that promises to help people lose weight, gain energy, and maintain healthy blood-sugar levels with herbs most of us can find in our own kitchen cupboards.

Diet & Energy™ combines 13 herbs, including cinnamon, pepper-

mint, cloves, rosemary, cayenne pepper, and turmeric. All have been proven individually to enhance particular aspects of health, but New Chapter is the first to roll them all together.

Diet & Energy tackles weight loss and energy production from several fronts. **It works to simultaneously increase metabolism and combat the effects of stress.**

STRESS BUSTERS

Most of the fat you eat goes directly into your body's fat tissues, where it is stored as triglycerides for later use. To tap into that stored energy, you have to break down the triglycerides into smaller particles, a process called lipolysis. A new study combined with well-documented knowl-

edge about the effects of stress on immunity proves stress can prevent that breakdown from happening.

In healthy people, chronic stress can cause the body to respond as if it is in chronic danger. That means you produce more white blood cells to fend off the perceived invader and, in turn, create more oxidants. This excess of oxidants throws off the balance of antioxidants in your system. These new studies support the theory that *chemical imbalance contributes to the weight gain and energy loss of people who are chronically stressed.*

Cloves, peppermint, rosemary, and turmeric are all common herbs that are exceptionally high in antioxidants. But, antioxidants alone are not enough to fight the negative effects of stress. **Diet & Energy** also contains rhodiola and maca, both ancient herbal medicines and nutritional supplements that target the endocrine system, which *regulates metabolism and help the body better handle illness and stress.*

METABOLISM BOOSTERS

Antioxidants can help stop you from gaining more weight, but you may also have weight to lose. Though Schulick doesn't advocate supplements that claim to increase weight loss by simply increasing metabolism, he admits that moderate boosts can't hurt. **Diet & Energy** includes herbs that have already proven *safe and effective in boosting metabolism:* green tea, cayenne pepper, and ginger.

Diet & Energy also works to balance normal blood-sugar levels and protect delicate cells in the body from overexposure to particular herbs. For more information, stop by the pharmacy and pick up a copy of the full Healthy Living report.

The effective dose of all ingredients in this herbal approach gives us the confidence that **Diet & Energy**, which retails at \$49.95 for a one-month supply, will deliver results for you. *If you're not satisfied with the results, bring in your empty bottle and original receipt for a full refund!*

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Our Recommendation for Your New Year Resolution

The Holidays have come and gone and it's time to clean up from all the many festivities that help make this joyful season what it is. But have you thought that now may also be a good time to refresh and clean your body? The New Year is here, and what could be better than starting 2009 with a healthy digestive system?

Your body is exposed to many toxins daily, often without you noticing. Pesticides and fertilizer residue are found on common foods. Genetic hormones run rampant in all processed meats. Couple these with the chemicals and preservatives in fast food and the high sugar and alcohol consumption that goes hand-in-hand with holiday celebrations, and you could have a large amount of garbage accumulating inside your body.

In addition to the rigorous daily demands of your digestive system, all of these extra toxins *must* be filtered by your liver and pass through your colon. The results of this? **Constipation, bad breath, flatulence, abdominal pain, bloating, and severe loss of energy.**

But do not lose hope! **Relief is possible** and Norland Avenue Pharmacy is ready to help you with the process of body cleansing. Our top choice is **Whole Body Cleanse™ by Enzymatic Therapy®**.

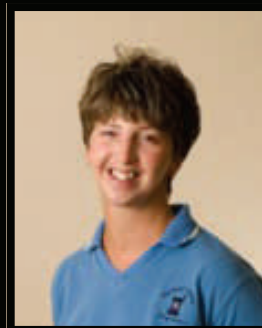
Whole Body Cleanse is an effective and economical way to renew the liver and colon from toxic buildup and refresh the entire body. Using a unique blend of milk thistle, fiber, and natural laxatives, this cleanse is all natural and entirely appropriate for vegetarian and vegan diets, too! *It will not only clean the inside of your body and make you feel better, but it can also help to improve digestion, physical appearance, aid in weight loss, and minimize the effects of aging.*



This two-week cleansing system is a complete three-product kit that is gentle, safe, and effective for just \$29.95. Stop in today to see how this product will help you **CLEANSE, DETOXYFY and REJUVINATE.**

What better way to start the new year?

Meet the Team



Shelly Bowers, Gifts Manager

Many of you will recognize Shelly. She's been working at the pharmacy for over two years and started in the role of Gifts Manager in December of 2007.

As Gifts Manager Shelly is responsible for checking in and displaying all of the gift items that you'll see in the store. She also chooses and orders new gifts, keeps the store looking great, and assists customers at the registers. If you are interested in making a special order for a gift item, Shelly is the one to see.

Shelly was born in York and currently resides in Chambersburg. In her free time she enjoys reading. You might know that Shelly's husband Keith used to work at the pharmacy as well and still fills in when needed.

Her favorite part of working at the pharmacy? Meeting and greeting new people. If you catch her at the store, you're sure to get a smile!

HEALTH FUNNIES

On vacation, a woman and her husband had to make an emergency visit to a dentist.

"I want a tooth pulled," the woman demanded. "And don't bother with the Novocain either, because we're really in a hurry. Just take out the tooth, and we'll be on our way."

The dentist was impressed. "You're certainly a very brave woman! Which tooth is it?"

The woman pushed her husband forward. "Show him your tooth, dear."



All Seasonal Items In Our Gift Shoppe *(While They Last)*

Fight the Effects of Stress

Stress is a nutrient hog. Every time you experience stress, from too little sleep to too little money, your adrenal glands must respond by producing adrenal hormones such as adrenaline, cortisol, estrogen, testosterone and many others that keep you alive, energized and healthy. *Hormone production requires nutrients, specific nutrients that the average diet does not supply nearly enough of to balance stressful lifestyles.*

Stress can deplete the nutrient reserves in your adrenal glands and fatigue your overworked adrenals (adrenal fatigue). The resulting reduced adrenal hormone production can make you not only tired, irritable, and less able to cope with further stress, but also more likely to experience other unpleasant side effects that normal levels of these adrenal hormones usually prevent. **Super Adrenal Stress Formula™** provides a precisely formulated combination of nutrients your adrenal glands need to help promote normal adrenal hormone production and adrenal function so you can **stay healthy, even when stress is chomping at your heels.**

Making adrenal hormones is a complicated sequence and every step requires exact amounts of particular nutrients. If even one nutrient is deficient or missing, the adrenal glands cannot manufacture and secrete the necessary quantities of hormones to **cope optimally with stress and make you feel your best.** Dr. James Wilson designed **Super Adrenal Stress Formula** to make it as easy as possible for your adrenals to get the nutrients they need to function well. Every nutrient is delivered in the optimal form and proportion for adrenal use. It provides the continuous nutritional support for your health during times of stress and it supplies the nutrients you need if you are experiencing adrenal fatigue.

To help promote healthy function in fatigued adrenals, use **Super Adrenal Stress Formula.** The precise combination of ingredients that makes this product succeed where others fail is the result of Dr. Wilson's exceptional understanding of the physiology of the adrenal glands. So keep stress from taking a bite out of you - try **Super Adrenal Stress Formula.** *A 90 count bottle of capsules is just \$29.98. You will notice the difference or bring your bottle and original receipt in for a full refund!*

Interested in finding out more about Adrenal Fatigue? Join us for our FREE seminar on Monday, January 26th at the pharmacy from 7:00-8:00 pm. Seating is limited so reserve your spot today! (717) 217-6790

*Worry does not empty tomorrow of its sorrow;
it empties today of its strength. - Unknown*

GO GREEN!

Visit our web site and sign up today to get
this newsletter emailed to you!

www.NorlandAvenuePharmacy.com

Coming in Future Issues:

- Omegas 101
- Our Recommendation for Optimal Heart Health

FREE ADRENAL FATIGUE SEMINAR

Monday, January 26th • 7 - 8 p.m. • Norland Avenue Pharmacy

You Probably Want to Join Us If You Are:

- **Tired for no reason**
- **Having trouble getting up in the morning**
- **Depending on coffee or soda to keep you going**
- **Less patient than you used to be**
- **Feeling run down and stressed**
- **Experiencing decreased sex drive**
- **Unable to think clearly or remember things**
- **Craving salty or sweet snacks**
- **Struggling to keep up with life's daily demands**
- **Experiencing increased symptoms of PMS**
- **Unable to bounce back from stress or illness**
- **Not having fun anymore**
- **Simply too tired to enjoy life**

These are all symptoms of **Adrenal Fatigue**. Although it's estimated that up to 80% of adult Americans suffer some level of adrenal fatigue at some time during their life, it remains one of the most under-diagnosed illnesses in the U.S.

Most adults experiencing the symptoms feel that it's just lack of sleep or energy and there's nothing that can be done to help the situation. Many people don't even know that it's a medical problem that can be prevented and treated.

Pharmacist Wayne Myers will cover the basics of the adrenal glands and explain what options exist to treat Adrenal Fatigue.

Seating is limited so reserve your spot today!

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